

5 LIVE FOR

WOMEN™

JUNE | JULY 2014

VOL 3 | NO 3

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

FUN
LOCAL
SUMMER
**DATE NIGHT
IDEAS**

**TICK
BITES**

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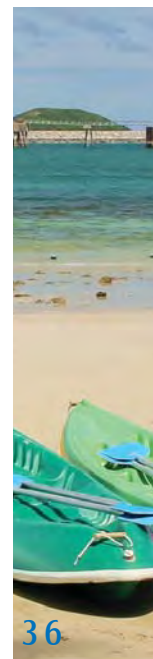
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With an emphasis on equilibrium and personal growth, *Five for Women* encourages the on-the-go gal to pause for self-nurturing through insightful articles and thought-provoking features—supporting the not-so-simple balance between faith, family, friends, fitness, and finance.

At *Five*, we are advocates of healthy priorities and fitness for life, while striving to motivate, energize, and inspire camaraderie of the Chippewa Valley sisterhood.



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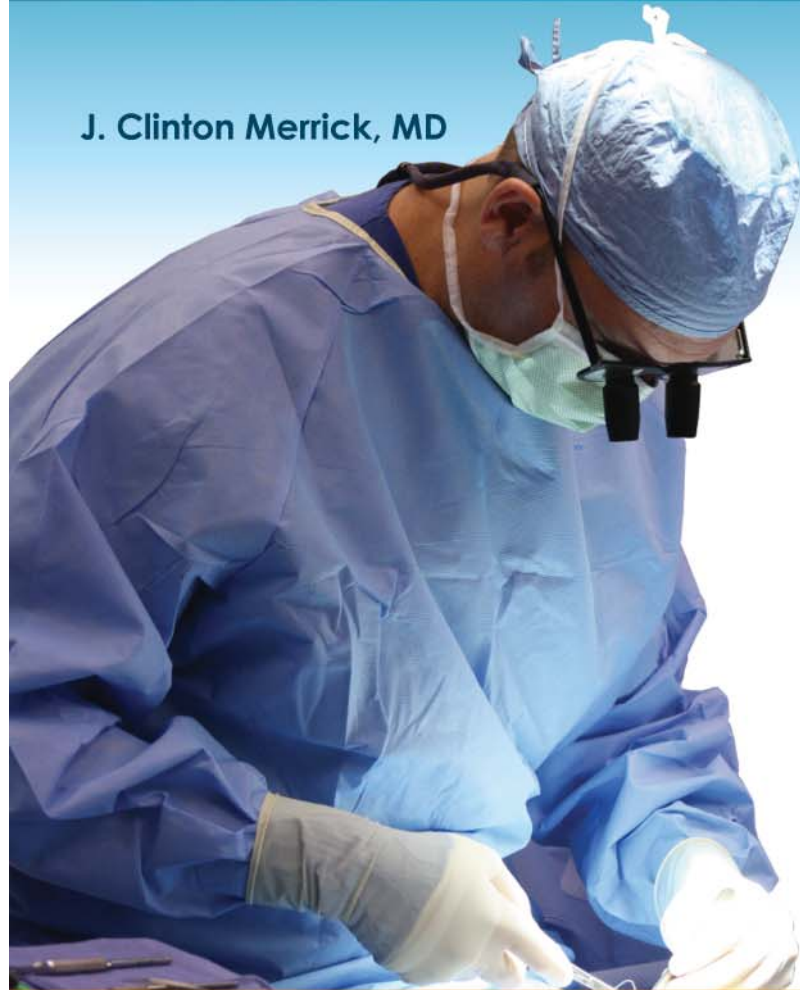
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This is a bold statement this year in Northern Wisconsin, but I think it is finally summer! I am thrilled we made it through the fast and furious of May and even more thrilled to turn the calendar to June. Some of our readers have commented the final month of school gets busier than the holidays and I concur. We made it to June, ladies. Cheers! I'm looking forward to slowing it down a bit and enjoying a beautiful Wisconsin summer.

Lofty goals await the Theisens this summer. We look forward to seeing the completion of our renovation and moving back into our new, old home. A heartfelt thank you to all the readers who inquired about our journey and encouraged with renovation stories of your own.

In this seemingly never-ending adventure, I have been fortunate—and I did say fortunate—for the opportunity to live with in-laws for a portion of the renovation. They however, may not use the word fortunate. With open arms they welcomed us, four kids plus our college kid for a time, and a loveable but lively Goldendoodle. Needless to say, there have been some challenging moments for all. Regardless, I feel so blessed for the opportunity for our kids to spend memory-making time with their grandparents. Even in the chaos called life, it is the memories of family dinners on the deck, sitting around the fire place, front yard bocce ball tournaments, and family camaraderie that will last a lifetime. There will come a day, I am sure, when my children long for just one more family dinner on grandma and grandpa's deck. I imagine someday, maybe with their own children bustling around them, they will reminisce with gratitude. This experience in our journey is a sacred gift for which I will be forever grateful.

Summer is my favorite time to make memories and this month we share ideas for summer fun without breaking the bank. We'll show you everything you need to know to plan that smashing block party. Don't miss our feature on the Northern Wisconsin State Fair. Heading to the fairgrounds is always a favorite time of nostalgia—see you on the midway! Have some rainy-day fun learning about the fascinating study of genealogy. Discover the benefits of embracing the different in friendship and be sure to check out this month's fitness feature, sure to give you a new outlook on nutrition. We're excited to feature the story of a local man's book picked up by a national publisher. He shares his perspective on family with us just in time for Father's Day. A special Happy Father's Day shout out to my husband Jon, who has always made our children a number one priority.

This summer we'll be running, biking, swimming, boating, and of course it wouldn't be a Theisen summer without a little time in the gym watching the kids play ball. I hope to see you out and about this summer making memories! Three cheers to a season made for slowing down. Let us remember to be present and enjoy all summer has to offer here in Wisconsin. The journey continues: Faith, family, friends, fitness, and finance.

Jen Theisen
Publisher & Editor-in-Chief

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VOLUME THREE ISSUE THREE

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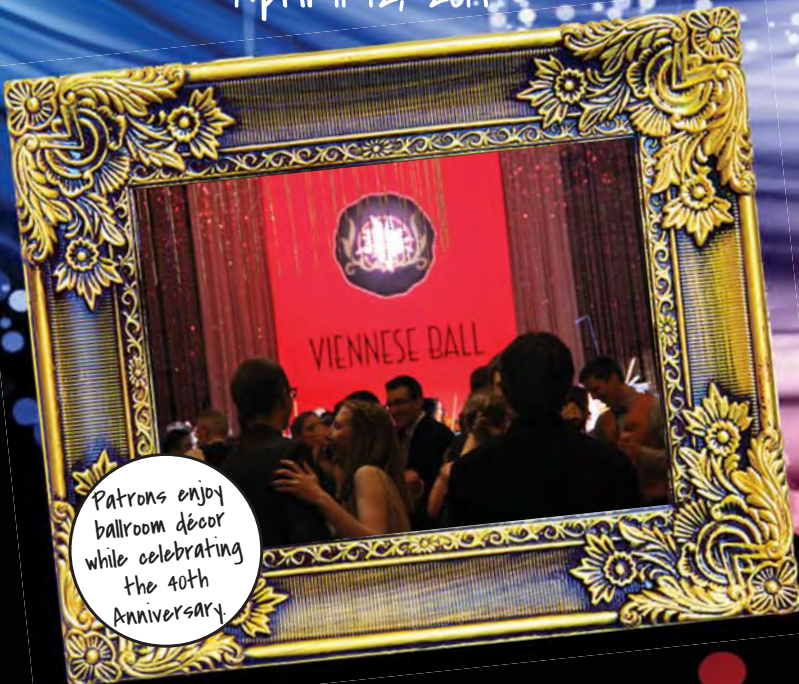
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Patrons enjoy ballroom décor while celebrating the 40th Anniversary.



The Innocent Men, an a cappella group, perform in the Burgtheatre.

SCULPTURE TOUR EAU CLAIRE: Sculpting a Community Vision

Sometimes, putting something on a pedestal can be a good thing. In fact, it can provide inspiration, uniqueness, and creativity to local communities. When you see the various sculptures mounted on pedestals throughout Eau Claire, the beauty and artistry are unmistakable.

Kara Pitchford, Sculpture Tour Eau Claire president, describes Sculpture Tour Eau Claire as “a non-profit organization with the goal of enhancing the quality of life in Eau Claire, Wisconsin, by using the arts to promote tourism, economic development, health, and education.” The tour features beautiful

contemporary, realistic, and figurative art pieces sculpted with a variety of materials. You can locate this year’s sculptures in front of businesses on Water Street, North and South Barstow, and the Mayo Health System campus. While everyone involved hopes these sculptures will help increase economic development, the ultimate goal is community enjoyment.

Sculpture Tour Eau Claire is a branch of Sculpture One of Sioux Falls, South Dakota. You can find partner sculpture tours in Minnesota, Iowa, and British Columbia. Kara Pitchford credits Sherry Mohr for the tour’s creation: the tour began in 2010, after Sherry moved to Eau Claire from Sioux Falls. With her first-hand knowledge of how a sculpture tour could benefit a community, Sherry gathered a group of volunteers who believed in her vision; and Sculpture Tour Eau Claire was born.

National and international artists send their sculptures to Sculpture One. Then, annually, representatives from all of the Sculpture Tour branches meet in Sioux Falls to randomly divide the sculptures amongst the cities. Once Eau Claire’s sculptures are assigned, Sculpture Tour Eau Claire volunteers form a “jury” to review the sculptures, determining which sculptures will be displayed and where. The volunteers then work to remove the previous year’s sculptures in April and to install the new ones in May. In recent years, increasing numbers of local artists have been contributing to the tour. Kara reveals, “We are thrilled to have two Eau Claire sculptors in this year’s tour, Dan Massopust and Robert Gehrke.”

The Sculpture Tour is an entirely fundraised program. As more funds become available, the tour coordinators hope to add more sculptures to future tours. The North Barstow and South Barstow BID boards and the Eau Claire Community Foundation contribute generously to the program—tour coordinators and the Eau Claire community are grateful for these donations. To cover the costs of transportation and installation, businesses or groups of individuals sponsor each sculpture. Business sponsors are featured on the Sculpture Tour website. To donate to Sculpture Tour Eau Claire, contact the Eau Claire Community Foundation or visit www.sculpturetour.org.

The sculpturetour.org site helps community members navigate the tour and includes a map of Eau Claire pinpointing the locations of all the sculptures. You can also view current and past years’ sculptures. Current sculptures are categorized by location—with artist name, sale price, and brief description. Previous award winners are also featured for People’s Choice, Best in Show, Bronze, Other Material, and Honorable Mention.

The community’s immense support and enthusiasm have enabled the tour to thrive and expand; and Kara couldn’t be more thrilled, “We have had such a positive response to Sculpture Tour Eau Claire. Our community has really embraced the program. Everyone—from young children to senior citizens—seems to enjoy taking the time to walk the path, view the sculptures, and take pictures.” Kara and the rest of the volunteers appreciate everything the community has done, and they’re working every day to giveback and sculpt an enriched community in return.

Heather Rothbauer-Wanish owns Feather Communications, a local company that provides freelance writing, workshops, and assists job seekers with new resumes and cover letters. In addition, Heather teaches business courses at several local universities.



Taking 5ive with Mary Schoenknecht

WRITTEN BY HEATHER ROTHBAUER-WANISH



For over 31 years, Mary Schoenknecht has been a familiar face at Trinity Lutheran Church in Eau Claire. While she raised her children, supported her husband in his endeavors, and built a family, she has consistently given back to her church community. Now, as she embarks on a new chapter in her life—retirement—Mary looks back fondly through memories and looks forward to new adventures.

FAITH

Faith plays an integral role in every aspect of Mary's life. Mary joined Trinity Lutheran Church in 1955, was confirmed and married there; and her children grew up in the same church. After a stint living away from the Eau Claire area in the 1970s, Mary and her husband returned and re-joined the church. And now, after 31 years of serving as the children's ministry director and education coordinator, she is looking forward to retirement. However, it is definitely Mary's faith that directs her life.

"I think of my whole life as a way to serve. By consistently thinking about what I can do to make a difference, I feel like I have given back to the community," Mary explains. In today's world, it can be a struggle for parents to do it all, including working, finding time to spend with family, and living a faith-driven life. "It's really a juggling act for today's families and a big piece of making it through is having a strong faith community," says Mary.

FAMILY

Family is extremely important to Mary. Her two adult daughters have both earned their Masters of Divinity, just like

their father, Robert. She enjoys talking about their accomplishments. "Both of my daughters and my husband have taught Sunday School and Vacation Bible School." She is also extremely proud of her sons-in-law and three grandchildren. While their daughters were growing up, Mary and Robert took them on road trips throughout the country. Today, the tradition continues—all nine family members are planning a trip to California this summer. "We love to travel together as a family and spend time together," Mary states.

And, when not traveling and spending time working at the church, Mary has always encouraged her husband. As a pastor at several rural Lutheran churches in the Colfax area, Robert has always been busy serving the Lord. "I like to see my life as a calling, and I know that my husband views his calling as a way to spread the word of the Lord," she explains.

FRIENDS

Mary's friends have proven to be a powerful support network throughout her life. "My husband and I returned to the Eau Claire area during the 1970s, after he served time in the Navy," tells Mary. Around that same time, Mary joined a Bible study Circle through the women's group at Trinity Lutheran Church. In the group were several stay-at-home moms, and they hired someone to come in to take care of the children while they conducted Bible studies. "There is still a core group of seven of us that get together on the third Thursday of the month," Mary says. Although today the topic has changed from talk of their own children to discussions about grandchildren, retirement, and health issues. Mary reflects, "I've been

very fortunate to have a great group of friends, including colleagues at Trinity Lutheran Church that are absolutely wonderful."

FITNESS

Fitness is an important part of Mary's daily routine. For the past couple of years, she has gone running each morning. She typically runs three miles. "I started out many years ago as a walker, and then decided that I needed to start running because I wanted to be faster," she explains. "I've actually become addicted to running and feel like it really rejuvenates me." Though breast cancer threatened her health in 2009, Mary ran right up until the day of her surgery. In fact, she still walked during her chemotherapy treatments, "During my cancer treatment, my faith and fitness really helped me on my journey." These days, Mary enjoys running 5Ks and supporting causes that are important to both her and her family.

In addition, Mary and her husband joined the local YMCA this winter. The Y facility provided a nice reprieve from the harsh winter experienced in this area. For those who feel like a lack of time or a lack of commitment to fitness may derail their objectives, Mary encourages setting smaller goals, "You really do need to make time for fitness

and carve out the time that works best for you.”

FINANCE

With her faith as her compass, it's no surprise that Mary believes in providing monetarily to others that are less fortunate, "I believe that the first fruits are for giving, and I have consistently provided as much as I can to the church and other community causes." With planned giving, her standard is for 10% to go to giving, 10% to go to saving, and the remaining 80% to live on. "Through living this, we have discovered that there has always been more than enough to go around," she reveals.

While each of the five Fs are important to Mary, her faith is what has meant the most throughout her life, a rudder in both triumphs and challenges. And now that retirement is upon her, she looks forward to a future filled with even more time for family and friends, "I'm excited about his new chapter, and I know that I have been very lucky."



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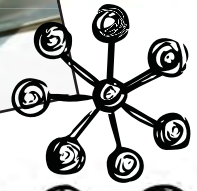
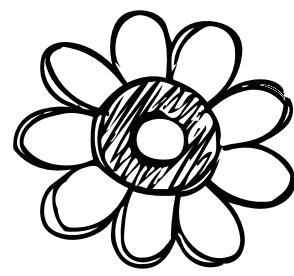


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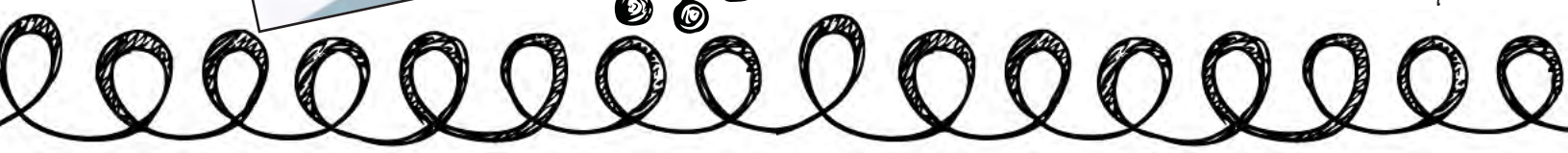


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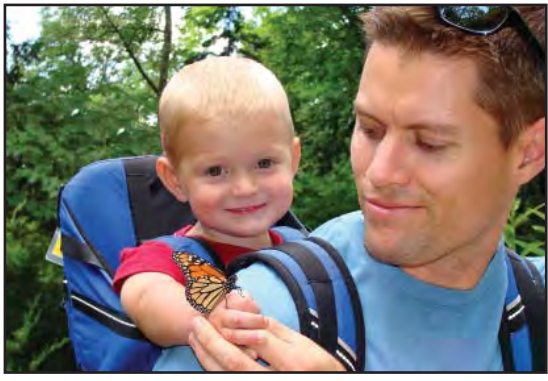
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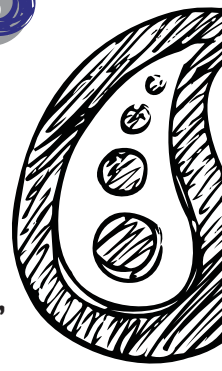


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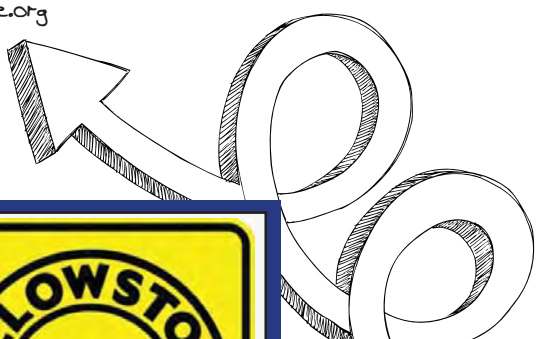
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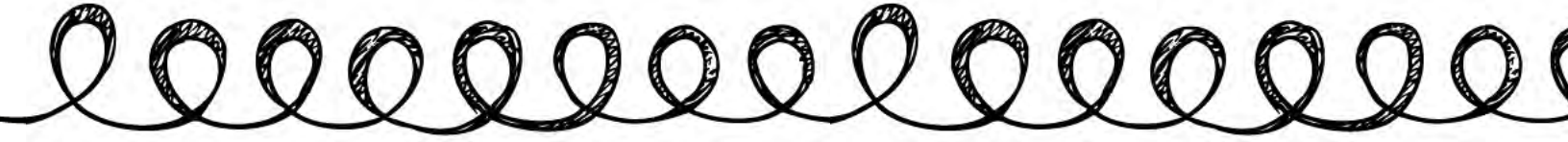
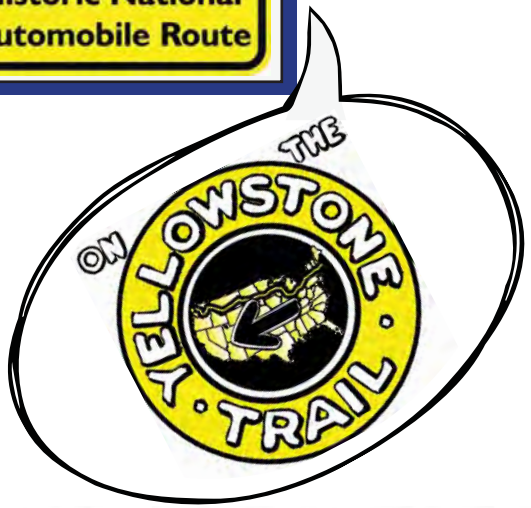
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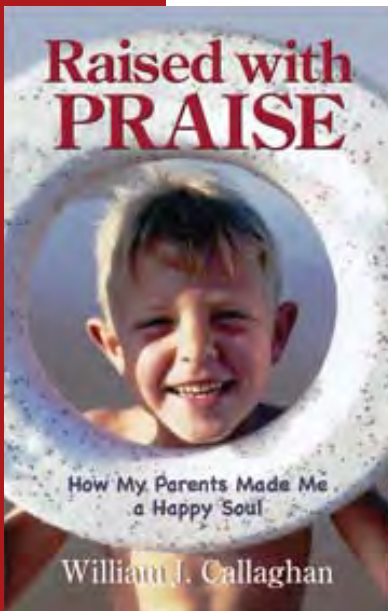
William J. Callaghan

RAISED WITH PRAISE

For William Callaghan, growing up in a large family was a way of life. As the ninth of Martha and Coyne Callaghan's 11 children, William had a lively, vibrant, and loving childhood in an Irish Catholic household. And as he got older, he decided to write a book detailing that experience. His book *Raised with Praise* has been published nationwide and is gaining popularity as people enjoy its positive outlook on raising children.

Callaghan started writing his book in 2000. For seven years, he gathered information, conducted research, and wrote memories about his childhood. Then, in May 2007, the unthinkable happened. Callaghan recalls, "Everything was stolen from my vehicle—the manuscript, photographs, and notes that I had collected during my research."

But, true to the book's message, Callaghan persevered, even more determined to finish, "I decided to really focus on completing this book and interviewed my parents on 10 different occasions." In December 2009, he self-published *Raised with Praise: How My Parents Made Me a Happy Soul*. "My goal was to finish the book so that my parents could read it before they passed away. My mom actually passed away eight weeks after reading the book."



His mom was the inspiration for the story. Callaghan explains, "My mom dedicated 40 years of her life to raising kids—she was amazing." With her first nine children born in a 12-year span, William's mom was busy. In fact, his parents were raising children through the 1940s, 50s, 60s, and 70s. Even with many children, Martha Callaghan always focused on the positive. Through their mother's tone, body language, and proactive approach, each child felt loved and appreciated. "I firmly believe that there are three things that people want in this world: to be recognized, to feel appreciated, and to be loved—my parents provided that to each of their children," Callaghan explains. "My parents taught us to demonstrate gratitude for what we had and gave us the latitude to work disagreements out on our own."

In 2011, Callaghan decided to share his book with a wider audience and sent five complimentary copies to various publishers. Eighteen months later, Tate Publishing called him; they were eager to publish the book. It was officially released nationwide this January and is available at Books-A-Million, Amazon, Barnes & Noble, and various Christian bookstores.

"This book is for all the parents who were once children and ultimately the children who will one day become parents," tells Callaghan. People are most familiar with the parenting methods used in their own families. Yet, we are all brought up differently. "When a couple has their first child, all of those differences are exposed and the parents now need to decide how their own children will be raised."

Today, Callaghan is thrilled that he was able to write a book celebrating his parents and the positive ways they raised their 11 children. "Life is 10 percent what happens to you and 90 percent how you react to it," he says. From growing up in an encouraging and affirmative household, Callaghan knows that he was blessed to have parents who nurtured his faith and instilled an ability to react appropriately to challenging situations, "As a father, I've tried to use these same techniques in raising my own children."

Callaghan encourages anyone considering writing their own book to use today's technology to self-publish, "You need to dedicate a lot of time to write a book, but there is truly nothing like seeing your dream come true." He adds, "When all of my hard work and information was stolen, it was like God saying 'finish what you started.'" Clearly, William Callaghan can now add author to his list of accomplishments. More importantly, he is pleased that the book resonates with an audience and provides insights, humor, and a story-telling approach to raising children with praise, "The book means something different to everyone that reads it. I feel really blessed.

Heather Rothbauer-Wanish owns Feather Communications, a local company that provides freelance writing, workshops, and assists job seekers with new resumes and cover letters. In addition, Heather teaches business courses at several local universities.

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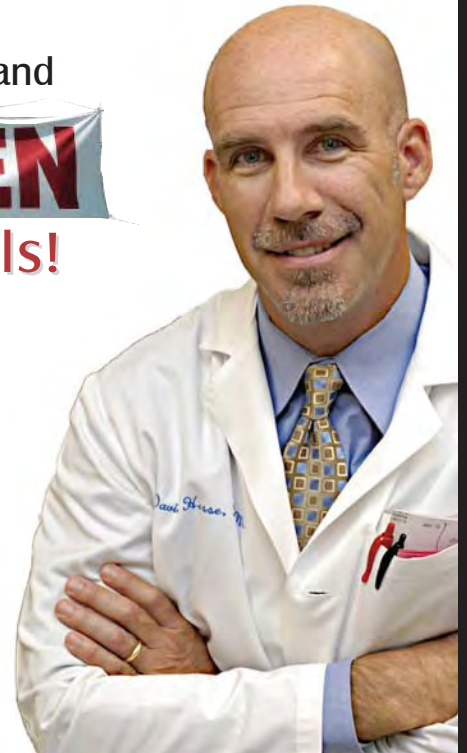
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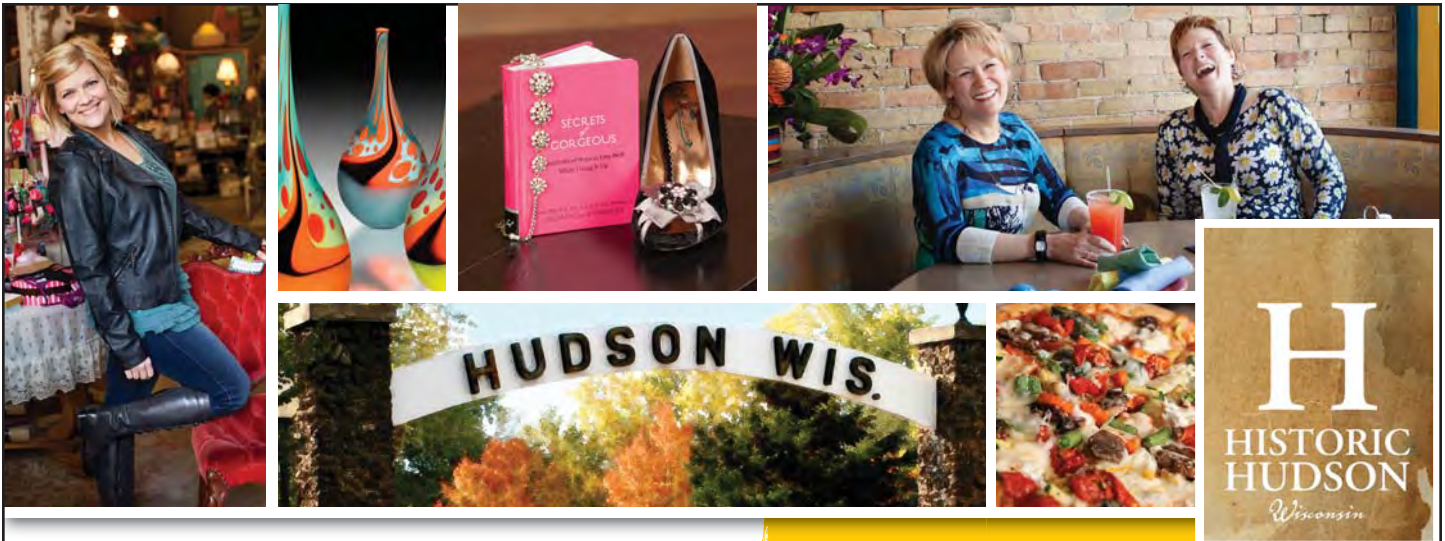


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Value Gem

NORTHERN WISCONSIN STATE FAIR

By Katie Mcky

There are bigger state fairs than the Northern Wisconsin State Fair. The nearby Minnesota State Fair has the biggest average per day totals and the Texas State Fair has the largest overall attendance. There's even a bigger state fair in Wisconsin: the Wisconsin State Fair in West Allis. There are state fairs certain of their position, such as the Iowa State Fair, which bills itself as "without compare." And the New York State Fair, held in Syracuse, is the oldest, beginning in 1841.

However, more is not always best when one has toddlers and grandparents in tow, and the Northern Wisconsin State Fair is sized just right. It's big enough to attract acts like Joe Nichols and Loverboy and has over a mile of rides and attractions. However, it's not so big that you'll be carrying your wee bairns and sweating to find the bench where Grandma decided to rest.

Rusty Volk, Executive Director, Northern Wisconsin State Fair Association, Inc., in his sixth year as Fair Manager, says, "Guests complement our big time entertainment and carnival rides, value-priced kiddy rides, free professional attractions, and family activities with high quality, competitive animal shows and exhibits."

"Value" is the operative word. Tickets for a week at Disney World® cost about two grand for a family of four and then



there's transportation, lodging, and food.

The wise consumer should have a defibrillator on hand when opening their credit card bill after such a vacation. However, entry to the Northern Wisconsin State Fair, which runs from June 9th to 13th, is only six bucks for adults before 4 p.m. and all day Sunday.

Kids 6-11 are three bucks and kids under six are free, which is worthy of a bargain-hunting WHEE! Daily parking is only five bucks within the fence and free outside of it. However, the real deal is Kwik Trip Carload Day on Sunday, July 13th, which is \$15 per vehicle for parking and entry combined and includes everyone you can squeeze into the car. Rides are affordable too, with Carnival Ride Armbands ranging from \$22 to \$25, depending upon the day.

Then there are the performers, which might be the best of the bargains in an age when Rolling Stone tickets start at \$170 and soar to \$600. You can see Joe Nichols or Loverboy for \$10. Want reserved seating front and center? That's only \$35. See Brett Eldredge and Here Come the Mummies for the same fare.

Both Nichols and Eldredge hit 11 on the Chippewa Valley

Hunkometer, which, of course, only goes to 10. Joe Nichols, a buttery baritone with country chart topping hits like "Brokenheartsville" and "Gimme that Girl," was the son of a truck driver. He failed in his initial foray into music and to pay the bills, moved furniture, installed cable TV systems, and sold steaks door to door. His earthy roots can be heard in his music.

Brett Eldredge has powerful pipes. His voice is equal parts saddle leather and sawdust from a Texas-two step dance floor with a dollop of hot caramel. His song, "Don't Ya," also hit number one and he's toured with Taylor Swift.

Loverboy is the Calgary, Alberta band whose hit singles, "Turn Me Loose" and "Working for the Weekend," will have your head bobbin' and the corners of your lips upturned.

Here Come the Mummies is a funk and rhythm and blues band. They were discovered when an ancient discotheque was unearthed by the aptly named, Professor Dumblucke. A curse—allegedly cast for deflowering the pharaoh's daughter—compels them to wander the Earth, searching for the ultimate riff. They perform their *Terrifying Funk From Beyond the Grave* in full mummy attire. The musicians' identities aren't known, but it is rumored that some of them are Grammy Award winners and perform swathed in ratty linen to simply showcase their music rather than their fame. It's time to dance like an Egyptian!

However, you won't have to eat like an Egyptian, as the fair offers midwestern fare and then some, with fried foods front and center. Volk claims, "The most interesting fried food items are apple pie, apple caramel sundae, strawberry shortcake, S'mores, bacon-wrapped cheddar corndog, and many more."

If your stomach likes to tackle culinary challenges, consider the two 2013 Favorite Fair Food Contest winners. "The Rusty Burger was created by Chuck Raykovich, a local food vendor for the fair. It is a prime rib sandwich with two burgers on a large bun, piled high with cheese, onions, tomato, lettuce, and BBQ sauce. It's unbelievable and yes, it is named after me. The Intimidator is the Lion's Club huge specialty hot dog made by Sokup's Meat Market," says Volk.

To wet the older whistles, there are the Leinie Beer Garden and Tap Beer Garden. "Our beer gardens provide a social gathering area for adults to enjoy neighbors and friends while listening to live music and enjoying a choice of beverages," Volk tells.

There are also the animal exhibits, with a horse barn, hog and sheep barn, dairy barn, beef barn, poultry barn, livestock barn, and milk house. There's an exhibit area, a fine arts building, and a creative arts building. In short, there's enough

to give Grandma reasons to rest on a bench; but again, you'll be able to find her at this fair. Of the former Outdoor Life Building—now called the Science & Technology Building—Volk says, "This area will feature demonstrations, hands-on exhibits, natural science, flowers and plants, competitive exhibits to include wine, beer and ale, honey, maple syrup, and varieties of flowers and plants."

If you've attended in past years, there are upgrades for 2014. "Fairgoers will be surprised by newly remodeled restrooms, fair office, and Veterans Memorial. From the primate zoo and royal white tiger exhibit to racing pigs, there is something for everyone and the people are the best."

Whenever you go, linger into the night. That's when the rides and booths literally pulse with light, the air cools and mingles the savory scent of corndogs, the sublime sweetness of just fried mini-donuts, the over-the-top sweetness of cotton candy, and the over-the-top everything of deep-fried Snickers bars.



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The root of the word *genealogy* is *gene*. Our genes shape our noses, but genealogy is about much more than the shape of your septum. Genealogy also explains the shape of your family's character, those values that serve as your life's tiller. William Faulkner wrote, "The past is never dead. It's not even past." So, it goes with genealogy. We look back to see why we are where we are.

Lee Miller, who lives in Chippewa Falls and is a program assistant at an area health clinic, is an area woman who's looking back. Her genealogical curiosity was germinated by a gap. Her father was able to impart little about his family's history, and Miller's grandparents had died young; so Miller forayed into the past.

I started my genealogy "career" at the local Register of Deeds by looking up their death certificates. Those certificates gave me dates of birth and death, what they died from, their parents' names and birth countries, and even things like occupations. Right away, I was hooked on my family's history!

Since then, Miller has learned, like Santa, who was naughty and who was nice.

I learned that my great-great grandfather married his step-sister, who he was raised with. (Scandal!) I learned that my great grandfather was a prominent tavern-hotel owner in Minnesota during the prohibition and how he continued to sell the alcohol, until the government came in, dumped his supply, and shut him down. I learned that a good majority of my ancestors lived good long lives, with only a few tragedies.

Miller also gleaned medical information.

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I learned about what medical issues plagued my family, like diabetes.

In connecting with her ancestors, Miller feels more connected to the Chippewa Valley.

I have always had an interest in history, whether it's U.S. or local, but researching my family's history has given me more of an appreciation of where I live today.

Miller has also enjoyed the searching as much as the finding.

I felt like a detective looking for clues, finding clues to fill in the pieces to my family puzzle. I found every morsel of information fun and interesting. Every piece of information leads to another piece of information. I consider myself my family's history collector and keeper.

Of course, Miller, like all detectives, has hit dead ends.

I was surprised how easy it was to find some information on one family line and so hard to find anything on another. Sometimes I wonder if an ancestor I am searching for just fell off the earth.

However, Miller's failures are more than offset by her finds, and photos are her favorite find.

I LOVE PHOTOS! Photos of my grandparents, great grandparents, and in some cases, my great-great grandparents. At the start, I had very few photos of my grandparents' generation and earlier. Now I have a vast collection of photos of those generations. It is truly amazing!

If you want to be amazed too, Miller has some advice for you.

When I started my research, I mostly used the genealogy



websites that are free. Some of the best are findagrave.com, familysearch.org, and badgerlink.net, just to name a few. Our local Eau Claire library also has a fabulous search engine for obituaries in our local newspaper. I also signed up on ancestry.com, which has been an amazing tool, mostly because it has allowed me to connect with other people researching the same family lines. Through Ancestry, I have met the most amazingly nice people, and the best part is they have shared photos! Organization is key; start organizing all your information at the beginning.

Erin Brecka, an engineer technician in Eau Claire, is also gene-sleuthing. How did she become curious about her past?

*Many years ago, I took a history course at the University of Wisconsin-Eau Claire that focused on the Tudor period in England. I was sharing some of the stories with my mother one night, and she mentioned that my grandfather always said we were related to Jane Seymour and that we had colonial and Revolutionary ancestors. At the time, I was more interested in passing my course, but I filed that information away. It was probably a decade later when I was watching the Showtime series, *The Tudors*, and got really curious—I wanted to know if my grandfather's stories were true.*

Brecka went sifting through the sands of time searching for the nugget. She found something shiny, but isn't sure if it's pyrite or gold.

It isn't clear if we're related to Jane Seymour or not. If we are, it's through her "illegitimate" nephew, John Seymour. His mother, Catherine Fillol, was having an affair with her father-in-law. She was pregnant with John when her husband, Sir Edward Seymour, learned of the affair. Catherine

was sent to a convent; and when John was born, he was simply "sent away." Nothing more is really known of him. My earliest ancestor I can trace back is named John Seymour. It is possible this John is the same John. There are many, many men named John Seymour with similar birth and baptismal dates in England around that time, but John's oldest brother was the 1st Earl of Hertford. My known ancestors from England all lived in Hertford, so it's possible.

However, Brecka did determine that she's descended from America's Revolutionaries.

I have seven proven Revolutionary ancestors and many are mentioned in the war stories I've found.

Her family's patriotic past has Brecka applying for membership in the Daughters of the American Revolution (DAR).

The DAR focuses on historic preservation, patriotism, and history education. To join, you need proof of direct lineage to a Revolutionary patriot. Unless you are related to current members of the DAR, it can be very time-consuming and difficult to find the proof necessary to join the DAR.

Brecka isn't the first in her family to conduct genealogical research or apply to the DAR.

Some of the stories I've discovered were written in the late 19th century about my ancestors from the 17th century, which makes it even more interesting as the writing style was so different. There were other women, several generations back, who applied to the DAR and wrote some angry letters after they were refused membership, which is a little funny.

Whatever the DAR does, Brecka's gleaned stories are gold.

I've found that most of the original settlers of Hartford and Norwalk, Connecticut, are my ancestors. There are monuments in each city with the names of my ancestors etched on them. Knowing this gives me a sense of ownership over cities I've never even visited, so my mother and I are planning a trip out there!

And the stories have told Brecka that there's true grit in her gene...alogy.

My Swedish great-great grandmother married my great-great grandfather, an African American man, only 20 years after President Lincoln issued the Emancipation Proclamation. Remembering these stories and what the women in my family went through gives me strength to face whatever comes along.

Brecka offers professional genealogical services and can be reached at yourfamilies.blogspot.com.

Katie Mcky, the author of *Wolf Camp*, *Pumpkin Town*, *It All Began with a Bean*, and *Tough Kids, Tough Classrooms*, lives in Eau Claire. She visits scores of schools every year, where she performs and teaches writing. In the summer, she retreats into the cultivated tranquility of her garden and the wild tranquility of the Canadian wilderness.

It's Tick Season!

*A few words from the Centers for Disease Control & Prevention (CDC) about Lyme disease**

The Lyme disease bacterium is spread through the bite of infected ticks. The blacklegged tick (or deer tick) spreads the disease in the northeastern, mid-Atlantic, and north-central United States, and the western blacklegged tick spreads the disease on the Pacific Coast.

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be attached for 36-48 hours or more before the Lyme disease bacterium can be transmitted.

Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months. Adult ticks can also transmit Lyme disease bacteria, but they are much larger and may be more likely to be discovered and removed before they have had time to transmit the bacteria. Adult ticks are most active during the cooler months of the year.

Reducing exposure to ticks is the best defense against Lyme disease, Rocky Mountain spotted fever, and other tickborne infections. There are several steps you and your family can take to prevent and control Lyme disease:

Preventing Tick Bites. While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks. Avoid wooded and bushy areas with high grass and leaf litter and walk in the center of trails.

Repel Ticks with DEET or Permethrin. Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth. Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and

tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer. Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>.

Find and Remove Ticks from Your Body. Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair. Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)



Photo credit: CDC/
Dr. Christopher Paddock

Preventing Ticks on Your Pets. Dogs are very susceptible to tick bites and tickborne diseases. It's important to use a tick preventive product on your dog. Tick bites on dogs may be hard to detect. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite, so watch your dog closely for changes in behavior or appetite if you suspect that your pet has been bitten by a tick. Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any insect acaricides or repellents to your cats without first consulting your veterinarian!

For more information on Lyme disease, including an interactive Lyme disease map, visit the CDC website at www.cdc.gov/lyme.

*This material is from the CDC website and was published with permission from the CDC.



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THE COURAGE IS CONTAGIOUS PROJECT

There are superwomen among us. They are our sisters, our neighbors, and our friends. They deflect life's obstacles with ease, navigating the complex world of carpools, latte in one hand and diaper bag in another. Trailblazing begins at 6 a.m. and ends late at night for our sassy sisters who collapse into bed exhausted but emotionally satisfied.

Nomination Criteria

1. Women who have a healthy and positive approach to life
2. Age 30 years or older and understand that with age comes both wisdom and a desire to be of service
3. Ability and willingness to attend the 2014 Fall Wellness Retreat

Fundraising efforts, sponsorships from community leaders, and the repercussions of the positive energy put forth in this endeavor have made this amazing experience possible for a third year! Courage is Contagious continues to inspire!



Winner: Tracey Samuelson
Nominated by Teresa Jolivette

I would like to nominate my friend and coworker, Tracey, for The Courage is Contagious Award. Tracey is a beautiful, busy mother of two girls, ages 10 and 7, and wife of Tim. She is an RN, a PTO leader-extraordinaire at a local elementary school, and an active member of her church. Tracey is also a cancer survivor. She was diagnosed one year ago with breast cancer. She has undergone treatment for the last year, including multiple surgeries, chemo, and radiation. She has been an example of strength, courage, and grace through it all.

Tracey is one of those women who puts the needs of others first. She was very concerned about how this whole experience of cancer was going to affect her two young daughters. Upon learning that her treatment plan involved chemo and the subsequent expected hair loss, she had her beautiful long, ginger hair cut short. She then asked her girls and her husband, Tim, to help her shave her head. They even "decorated" her newly-bald head with many different colors—all of this to help with the transition of her "new look" and make it less scary for her family. This is just one example of her giving heart.

Tracey continued to work as much as she could during treatment. She has been a wonderful nurse to many, many patients during her career. Her courage and tenacity to power through it all is awe-inspiring. She chose to be very open about her cancer experience. Tracey has a positive energy that you just can't ignore. Through her example, we all learned to shine a little brighter and smile a little bigger. She has had her ups and downs, as most cancer patients do, but we could always find her with a bright smile on her face. She is a shining example of a woman who can muscle through the tough stuff with grace and still teach us all to stay strong.

Tracey is now beginning the journey back to regaining her physical strength. Restorative yoga is her new workout. She also enjoys working out with the LiveStrong™ program. I think Tracey is the perfect nominee for The Courage is Contagious Award. She is kicking cancer to the curb with her ever-positive finesse. I know a wonderful yoga retreat on Madeline Island will give Tracey the strength to continue on her journey of healthy, joyful living.



Winner: Martha Murray

**Nominated by Anneliese Fish
(fan, baby sister, cookie dough)**

I once read a quote, “In the cookies of life, sisters are the chocolate chips.” How true this statement is!

I love my sisters as much as I love my children, as much as I love red wine, as much as I love chocolate cake, all the things which I cannot live without. In all seriousness, I look up to my sisters more than anyone else in this world. They are both smart and beautiful, levelheaded and compassionate. They have helped guide me through life, and I know they will be there as long as I need them. My life would not be complete without them, much like cookies are not the same without chocolate chips!

My sister Martha, in particular, is extremely special. She is one of those people that brighten everyone’s lives. Without exaggeration, every single person I know that has ever met her has nothing but amazing things to say about her. She has the best sense of humor and a contagious laugh. She is diplomatic and one of the most concrete thinkers I know. She is so smart, both academically and emotionally, I just cannot say enough about her. She is an eternal optimist; she does not dwell on negativity, which is an amazing feat because she hasn’t always been dealt the best cards.

Martha is a successful career woman, who worked very hard to get where she is. She is a constant caregiver both at work and at home. She places herself consistently second to others, a trait so badly needed in today’s world. She serves others, while learning and gaining inspiration from them. Her title is nurse practitioner, but she’s so much more! She is a mother, a wife, a sister, a friend, a confidant, and now a Parkinson’s patient. Martha was diagnosed with Parkinson’s disease last year at the young age of 36. *She is the one of the youngest people ever diagnosed with this incurable disease by the Mayo Clinic.* Considering her age, her accomplishments, her children, her life in general, this news was shocking. The lack of answers along with the individualized care

involved with this disease have altered all of our lives—but clearly Martha’s and her immediate family’s the most. She has taken this news in stride, with her infamous saying, “It is what it is.” Her medication regimen is experimental, highly involved, and somewhat uncertain. Given her young age, it is not known the consequences and effectiveness of some of the powerful medications she is subjected to. She has been angry and disappointed, sad and mournful, but she keeps moving forward. Martha is proactive in her care, mentally and physically, and she doesn’t let any of her setbacks stand in her way! She is not allowing this disease to define her or determine the value her life holds.

I would like to nominate my sister for the yoga retreat on Madeline Island. Not only does she deserve a few days away of downtime to focus on her body, mind, and spirit, but research shows there are great benefits in yoga practices for Parkinson’s patients. My sister embodies what your periodical stands for. Martha is a strong, faithful, Christian woman. Her FAITH has guided her through many hardships in her life, and it is her goal to raise her children in a Catholic household. Her FAMILY, both immediate and extended, are her foundation. She is the glue that keeps our family together. She has taken many steps in life to establish FINANCIAL security for herself and her family, including excelling in her extended education. Martha has more FRIENDS than anyone I know. She is so kind she makes friends with strangers. And finally, Martha has always been a FIT person. Now more than ever, it is a necessity that she take care of her body so that she may preserve her health as long as possible. It is so important to introduce her to the comprehensiveness of yoga, realizing it is the best exercise she can practice as a Parkinson’s patient.

I respectfully request your full and active consideration of this remarkable woman, my sister, my chocolate chip, as one to be awarded this unique lifetime experience, the Madeline Island Yoga Retreat.



DARING TO EMBRACE DIFFERENT

From: Mary E Bliss
Date: March 13, 2014
To: Jen Theisen
Subject: Daring to be Different article
Hi Jen,

I wrote this article after hearing news story after news story about the growing intolerance in our society of those who may be a little different from us. Sometimes don't you want to say, "Why can't we all just get along?!"?

Thank you!
Mary Ellen Bliss

When I was growing up, I attended private grade school and high school. Even though my family wasn't rich by any means, my best friends during grade school were two girls who came from the wealthiest families in the city. They had the latest and greatest toys and lived in mansions, but I took it all with a grain of salt, not giving their wealth much thought. In those blissful pre-teen years, popularity wasn't based on how much money your parents made. Everyone was treated equally.

Then came my first day of high school, or what I refer to as my "Rude Awakening" (yes, the event was traumatic enough to deserve capital letters). I came to the cafeteria for lunch and saw my two best friends sitting at a table with girls I didn't recognize. I eagerly rushed over to join them; but before I could even reach the table, I could see the other girls looking me up and down, quickly critiquing everything from my hairstyle to my knee-socks. Without missing a beat, they bluntly told me there was no room for me to sit with them, even though there were four seats open. I naively looked over at my friends for their reassurance that I was welcome. My friends, however, were doing everything in their power to avoid eye contact, and the uncomfortable silence became deafening. I grew up 10 years in those 10 seconds as I slunk away to another table, realizing I wasn't in Kansas anymore.

I quickly learned in high school that I wasn't going to conform to my classmates' criteria for what it took to be popular. But that was okay, because I was comfortable in my own skin. I never minded being a little different from others—I unashamedly listened to Frank Sinatra when other kids listened to hard rock; my ambition was to be the head flutist in the orchestra when others wanted to be head cheerleader; and instead of spending time ogling cute boys in the

library, I kept my nose in the latest mystery novel. You get the idea.

My secret for achieving happiness in high school, and in the decades since, can be summed up in three words: acceptance, respect, and confidence. Acceptance in being happy with who I am and not tying myself up in knots trying to be what others think I should be; understanding that other people will have different opinions, views, and values than me, and I should respect those differences, even if I don't always agree with them; and confidence and self-assurance to trust my instincts to do what I know is right, even when that choice isn't necessarily what is popular.

We all grow up in different environments, with varying influences and experiences that shape our opinions and views of life. Every day we encounter people who are different from ourselves, whether by ethnicity, religious beliefs, physical attributes, mental abilities, or so-called social standing. And while it's true that when we're looking to make friends or start relationships, we tend to gravitate toward people we believe are similar in outlook to ourselves, if we limit ourselves in this way, we can often miss out on many interesting experiences. Let's face it—our lives would be pretty dull if we were only surrounded by cookie-cutter versions of ourselves. And while it may be more comfortable to have like-minded individuals around us, if we do so exclusively, I don't think we'll ever really challenge ourselves to continue to grow and learn.

Accepting and embracing others who are a little different from us can prove to be a new and richly rewarding experience. As author Robert Fulgram once remarked, "We could learn a lot from crayons: some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box." Differences—like the vibrant hues of crayons—are a beautiful thing!

A native of La Crosse, Mary Ellen has been a colleague at Sacred Heart Hospital since 2006, where she has dual roles as an administrative assistant for the Center for Spiritual Care and as a writer for the Communications Department.

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Who Are the People *in Your Neighborhood?*

With summer weather upon us and school out for the season, neighbors are outside cleaning up yards and making repairs after a long, harsh winter. The barbecue grills are fired up and the patio furniture is hauled out of storage. As we head outdoors, there is no better time to reconnect with your neighbors.

“The biggest and easiest crime prevention is just knowing your neighbors. They are the eyes and ears of the community,” states Kyle Roder, Community Relations Officer for the Eau Claire Police Department (ECPD).

For a safer neighborhood, you need to know who is in your neighborhood and why, explains Roder, who has been an officer with the ECPD for more than 10 years. In a time when everyone is on social media, these face-to-face relationships with neighbors are the key to safety.

ECPD Deputy Chief of Patrol Chad Hoyard points out that the community is seeing more daytime issues in neighborhoods. “Who knows best who should be in your neighborhood?” he asks. “It is you. Pay attention to details such as unfamiliar vehicles and strangers.”

Hoyard, who has been with the ECPD for 18 years, recommends that if you do not know your neighbors, you need to introduce yourself and get to know them. Take your dog for a walk when others are outside so you can connect with people. Be in your front yard so you are visible. If you live near a school, choose to be outdoors when the kids are going to and from school so you are available if they need help.

“The community needs to be a partner in keeping the community safe,” Hoyard explains.

But making connections with neighbors when everyone is busy can be challenging. Taking the initiative to plan a neighborhood meeting or party is an easy way to bring everyone in a neighborhood together at once. The City of Eau Claire allows neighborhoods to apply for permission to close a portion of a road for a neighborhood block party. (See the city’s website at www.eauclairewi.gov.) This type of road closure request is most appropriate for cul-de-sacs or dead-end

roads. Another option is to plan an outdoor gathering in a public park in the neighborhood. If there is no public space, neighbors could invite the gathering into their yards. Some Eau Claire neighborhoods have formal neighborhood associations that meet regularly at churches or local businesses. This information is also available on the city’s website.

What is the value of a neighborhood party or meeting? “It is being proactive to make connections happen,” states Hoyard. Neighbors can exchange contact information. They can learn about each other’s schedules and when people work. With this type of information, you can not only watch out for each other, but you are more likely to recognize when something is not right in the neighborhood. “You can be a better neighbor,” Hoyard adds.

Hoyard shares an example from his neighborhood where he noticed a neighbor’s garage door open. He knew the habits of his neighbor, and it was very unusual for the door to be left open for a long time. He called his neighbor and learned that the neighbor had left for vacation, forgetting to close the garage door on his way out of town. Hoyard was able to secure the door and avoid a possible theft in the neighborhood.

Knowing your neighbors also can help you avoid disputes with your neighbors. For example, if you know that your neighbor works the night shift on Friday night, you can choose to wait until later in the morning on Saturday to mow your lawn. This avoids a potential conflict.

Along with sharing information about each other at a party or meeting, neighbors can talk about how to have a safer neighborhood by following these simple recommendations:

1. Remember to lock your homes, garages, sheds, and vehicles.
2. Put some indoor lights on timers, and use shades so lights can be seen, but the inside of the house is masked.
3. Use motion lights outside entrances.
4. Maintain landscaping so that trees and shrubs do not



create hiding places.

5. Let a trusted neighbor know when you are on vacation and have him or her check on your house.

6. When you are out of town, discontinue mail and newspapers, and have your yard and sidewalks maintained (snow removal or lawn mowing).

Roder points out that neighborhood groups also can create a unified voice on neighborhood issues. There may be a quality of life issue, such as noise or parking, that the group can bring to the city to support a change in laws or policy in order to solve a problem.

Community events bring citizens together, too. The ECPD along with the Eau Claire Parks, Recreation & Forestry Department are the main organizers of National Night Out, which will take place on Tuesday, August 5th from 5 to 7 p.m. in Owen Park. Roder describes National Night Out as "a community event that brings citizens together to get to know neighbors and local police while celebrating the united stand we take as partners against crime and disorder in our community."

National Night Out is a free event which provides an opportunity for everyone to get together for music, food, carnival games, camaraderie, and fun. Law enforcement, fire, and EMS personnel from around the area participate in the event. "There is a focus on kids," says Roder. "We want kids to have positive contacts with all the agencies. Police, fire, and EMS are here to help people."

Roder encourages any neighborhood associations or groups who want to participate in National Night Out to contact him about setting up a booth. The ECPD "provides the opportunity to bring everyone together." It is up to citizens to take advantage of that opportunity.

Lucie McGee is a former assistant city attorney for the City of Eau Claire. She is a 1997 graduate of Hamline University School of Law, where she was Editor-in-Chief of the Journal of Public Law and Policy. She also has a Master's Degree in Journalism from Indiana University, Bloomington.

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SIX SIMPLE STEPS TO FINANCIAL SUCCESS

After watching the stock market soar to record highs over the first four months of the year, many investors are wondering if they should make changes to their investment portfolios. Perhaps, but not because of what the stock market has done. Investment decisions based on short-term market moves are often short-sighted. A better approach is to stick to a long-term strategy built on proven investment fundamentals, and aligned with your goals and objectives. Here are six simple steps from Thrivent Financial that can help put your financial plan on the right track.

1 **If your employer offers a 401(k) plan, use it.** For a variety of reasons, it is often going to be your most attractive investment opportunity. Most employers will match a portion of your contributions, making your effective returns higher. If you contribute \$1,000 to your plan, for example, and your employer matches that at 50 cents on the dollar, your contribution is actually worth \$1,500. A 401(k) also offers tax advantages on contributions and investment gains. Finally, it puts your contributions on autopilot via systematic payroll deductions. That makes it less likely you'll skip contributions, and also lets you take advantage of the powerful benefits of dollar-cost averaging*. Simply put, your regular, fixed-dollar contributions buy more shares when prices are low, and fewer when they're high.

2 **Understand your investment horizon.** Many people underestimate how long their retirement savings will need to last, which can lead to a host of mistakes. Some invest too conservatively, making it hard for their portfolios to keep pace with inflation. Others draw down their assets too quickly in retirement, boosting the odds that they'll run out of money in old age. The average 65-year-old in good health today can expect to live about 20 more years. Your investment strategy should reflect the possibility that you will not only meet, but perhaps exceed, the life expectancy averages.

3 **Don't underestimate the corrosive effects of inflation—even at low levels.** At a rate of just 2 percent, inflation cuts the buying power of a dollar by a third in about 20 years. At 3 percent, it does the job in 14 years. Make sure your portfolio includes some assets, like stocks, that historically have outperformed inflation over long periods of time.

4 **Diversify your investment portfolio, but understand that you will need to do more to mitigate longevity risk.** Diversification is the simplest and most effective approach to managing investment risk, but is ineffective at managing many other threats to your financial security. Longevity risk,

for example—the risk of outliving your savings—is best managed by pooling your risk with other investors. One way to do that is with an annuity contract issued by an insurance company. Certain annuity contracts work like old-fashioned pension plans, paying a fixed income for life**. Some include escalation clauses that increase your payout over time to keep pace with inflation. Knowing that you have provided for your basic living expenses with an annuity can provide the reassurance you need to take a long-term perspective on stocks and other growth-oriented investments—the ones your portfolio needs to keep pace with inflation.

5 **When investing in stocks, don't confuse where a company is headquartered with where it earns its money.** Many people are looking to capitalize on investments in the fast-growing emerging economies of Asia, Latin America and Eastern Europe. Often, though, emerging-market companies are not fueled by growth in their own economies. Many are mining or other natural resources firms whose results are driven by global commodity prices. Rather than investing directly in emerging markets, a better alternative for many people is to invest in U.S. companies that do business globally. Many of these companies have brands that are household names in emerging markets, and some even earn more overseas than they do in the U.S. In fact, a large share of the profits of the companies in the Standard & Poor's 500 Stock Index is generated outside the U.S. Bottom line, you already enjoy substantial global diversification with U.S. stocks.

6 **Don't be afraid to ask for help.** The ever-expanding array of alternative investments can seem overwhelmingly complex, and may require frequent and ongoing attention. Rather than trying to do it yourself, consider working with a financial professional. Getting their advice on matters critical to your financial well-being will usually make good fiscal sense.

This article was prepared by Thrivent Financial for use by local area representative Hannah Walsh. She has offices at 4423 Golf Terrace in Eau Claire and can also be reached at 715-402-0023.

*Dollar cost averaging does not ensure a profit, nor does it protect against losses in a declining market. Because dollar cost averaging involves continuous investing, investors should consider their long-term ability to continue to make purchases through periods of low price levels.

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My Path to Nutrition Response Testing

According to the Centers for Disease Control and Prevention (CDC), cases of childhood food and skin allergies are increasing at a rapid rate. In 2011, the CDC reported 1 in 20 children were developing food allergies and 1 in 8 children had skin allergies. And that doesn't include the MYRIAD of other types of autoimmune and nutritional issues in both children and adults.

My own experiences led me on a pursuit for answers.

For as long as I can remember, I have wanted to help. As a compassionate child, I would nurse injured creatures back to health. And I enjoyed visiting the elderly at nursing homes. As I got older, nursing seemed to be the perfect career fit. I started nursing school with enthusiasm. Learning about the body and disease process still intrigues me. While in nursing school, I worked for a chiropractor, where I was exposed to natural health; it all made perfect sense to me.

Eczema, Steroids, and Probiotics. After graduating, I had my first child and started my first job as a registered nurse. My baby had severe eczema from the time she was about three weeks old. Her holistic-leaning practitioner gave me a prescription for a mild steroid cream and recommended that I start my baby on some acidophilus. In nursing school, we had studied the side effects of steroids, and I wanted to avoid using them. I researched possible causes and remedies. I started using probiotics and flax seed oil—they both helped greatly.

Food Allergies. Several months later, my daughter had a near anaphylactic reaction. She was diagnosed with severe food allergies. We had long suspected food allergies because her eczema was so prominent from infancy. We did not know they would be severe. This was a devastating diagnosis. The best hope the doctors could offer was that she "might" grow out of them. And they prescribed an EpiPen® in case of an anaphylactic reaction.

Gastrointestinal Issues. Not long after my daughter's food allergy diagnosis, she developed some gastrointestinal problems. After running the normal tests for such issues, her practitioner recommended that I take her to the pediatric GI specialist for a workup. I did not want to put my small daughter

through all that, so I took her to see a nutritionist instead.

Hope from the Nutritionist. The nutritionist was helpful and within three days, my daughter's immediate issues cleared up. The nutritionist directed us where to go for continued help and advised me that—though it would take some time—there was hope for reversing the food allergies!

At this point, I knew there was much more to nutrition than what I had touched on in nursing school. I started researching nutrition and natural health. Through several personal and professional situations, I grew disenchanted with the allopathic medical model and knew I wanted more out of my career. I wanted to help heal people, not just cover their symptoms.

Nutrition Response Testing. About a year later, a friend told me about Nutrition Response Testing. She recommended that I take my children as they both continued to struggle with food allergies and eczema flair ups. I attended Dr. Court's health workshop, and I knew that I had found what I was looking for. Nutrition Response Testing (NRT) is a very precise, specific, and non-invasive method of testing, analyzing, and correcting nutritional deficiencies and imbalances in the body. Based on the results of initial testing, NRT practitioners make recommendations of whole food supplements, herbs, and dietary/lifestyle adaptations. It's changing lives by getting to the cause of illness. And it's not just for allergies. NRT has helped people with diabetes, heart disease, infertility, Crohn's disease, thyroid disorders, and more.

Results. Since starting my children and myself on an NRT program, I have seen amazing things. Both of my children have improved, and I am so happy to be involved with such a great team. I am excited to help others with their health issues to reach their goals toward better health.

Becca Tomas is a registered nurse and a wellness consultant. She has completed an extensive nutrition training program focused on nutrition response testing. She has a passion for women and children. She sees patients in both Altoona and Chippewa Falls. For more information, visit the website for Chippewa Valley Wellness at CVWellness.net, or call 715-723-2713.



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Coastal Creativity



By Katie Mcky

It is said that design innovations start at the coasts and creep inland, as if trends were a tide made of molasses. However, the Chippewa Valley is blessed with interior designers from Coasts East and West. Cecelia Cronk, who lived in Seattle and San Diego, and Sharon Capek, who was born in Jamaica and trained in New York City, both live and work in the Chippewa Valley, and their decorating aesthetics are shaped by their coastal origins.

Cronk, owner of CityLiving Design (www.ceceliacronk.com), designs from a place of sun and sand, an aesthetic that warms Wisconsin's long, LONG winters.

My design aesthetic is inspired by West Coast influences of sand, sea, and sky. Growing up in southern California, I was always drawn to beautiful, contemporary beach homes that bring the outdoor elements in. My spaces are always

defined by a neutral color palette. Neutral colors offer a unique look that bold and bright colors simply cannot give a home. I always consider my client's investment when designing a space. With neutral wall colors and flooring, one can change out decorative accessories and rugs and have a new designer look. Neutral colors are the colors that suggest stones and seashells and go with just about any other color. The relaxing shades of taupe, gray, sand, and cream on your walls never have to change. I love to incorporate large-scale art and decorative accessories throughout a room. I use a variety of textural elements in natural tones: a wool rug, fur pillows and throws, and shimmery metal elements. I just love using large beautiful mirrors. I am a firm believer that lighting is everything. My clients have been very receptive to my West Coast design style.

Cronk quotes Monet to explain her abiding connection to that faraway coast.

Monet said, "The richness I achieve comes from Nature, the source of my inspiration."

Of course, Cronk must also connect with her clients to do her best work, and that begins in the clients' space.

My assistant and I meet our clients at their spaces for a face-to-face consultation for the initial consultation. We go to get to know their wishes, see their spaces, and garner ideas. We ask what the client seeks to accomplish. We listen to their ideas and review any pictures, drawings, blue prints, and architectural plans presented by our clients. We do measurements of the space that we are designing. My assistant takes clear and concise notes and we email them a copy of the notes for review. CityLiving is most interested in client satisfaction and, therefore, we focus on a space's function, and plan accordingly.

The cozy tête-à-tête is buttressed by technology.

I listen very closely to my client's vision for their home. I then present conceptual designs that I have drawn in photo realistic 2D and 3D. I present on a large screen monitor. My clients really appreciate this tool, as it allows our collective vision to come alive and also allows me to make any needed changes at the presentation.

If one of Cronk's clients adores a piece of art or furniture that might not seemingly synchronize with the vision, Cronk has ways to get the disparate pieces to play well with each other.

I love it when a client has a special piece of furniture or meaningful element that they cannot part with. I take that as a creative challenge and I will at times use it as a focal point in their space or repurpose the piece by custom refinishing or reupholstering.

Cronk began her career with creative repurposing.

I decided that interior design was the field for me at the age of 16 when I solely designed a baby nursery for my oldest nephew. I went into the basement, found an old crib and dresser, and repurposed them into the furnishings for the nursery. The dresser was rather large, so I made an armoire out of the dresser, creating a space for hanging clothing with drawers and a dressing table on top. I sanded and painted the crib and armoire in the same soft pastel colors and they looked like the set was made to be together.

Since Cronk is also a photographer and paints large-scale art, she can further customize interiors today.

As Cronk embodies the West Coast vibe, Sharon Capek of SDC Designs (www.sdcinteriordesignstudio.com) taps into an East Coast aesthetic. Raised in Jamaica and trained in New York City, Capek gets an electric, creative hit from the city grit.

It is the stimulation on all my physical senses that I receive when I am in a metropolitan city like New York. I lived there for several years and it's gritty. It's raw, but at the same time, it energizes me because of the fusion of sights, smells, and sounds. The play of light and how it impacts the surround-

ings is key to me.

Like Cronk, Capek begins by listening.

When I meet with a new client, I introduce them to the design process, which starts with a design consultation/needs analysis. This helps me to understand what they want and what is most important to them. I note the things that they might not necessarily say, but through experience, I am able to recognize. The consultation consists of giving my design expertise on the project and offering information and suggestions. If the client wishes to proceed beyond a consultation, upon their consent, conceptual drawings and floor plans are created. Many times a client may have a desire to marry two or more design styles. Instead of stifling their creativity, I commend them on their choices, but sometimes less is definitely more! Their vision is my vision. My client's satisfaction is my satisfaction.

Some of Capek's clients have been so profoundly happy that they've leaked tears.

When the project is complete and it is time for the reveal, the look of satisfaction on your client's face or even tears... that's what it's all about.

Although Capek now lives in the Chippewa Valley, she still hears the Jamaican surf and the City that Never Sleeps.

Immersion in two cultures greatly influences my designs. They are both so rich, Jamaica in color and unsurpassed beauty, and New York City in its architectural intensity. They are both vibrant, multi-faceted, and so layered in their urban and non-urban nature. So, I love layering neutral tones and adding color. I often use neutral colors, tones, and textures as foundations and build from there.

Also like Cronk, Capek is able to integrate photography and art into her designs.

In Jamaica, I studied graphic design and photography, as well as sculpting, painting, and business.

And like Cronk again, Capek felt compelled to design when she was young.

I started drawing at age four and space planning from as early as age five. While visiting cousins, I would rearrange their living room.

At the Pratt Institute in New York City, Capek earned a Master of Science degree in Interior Design.

My design has become more streamlined as I balance modern design with classic/Hollywood Regency influences. My love of New York architecture has me affirming the architecture of a space. Décor should complement and not overshadow.

Beginning young doesn't mean Capek will retire young.

I'll never retire. A designer's mind is always working, 24-7.



Sharon Capek



Cecelia Cronk



Owning Recreational Property with Others

Plan Ahead and Relax

By Bill Milne and Cindy Hangartner

Whether inherited or purchased, recreational property ownership poses a variety of considerations when owned with multiple people, especially when the owners span several generations. You should consider issues such as how the property is titled, scheduling and use of the property, payment of expenses, and succession of ownership interests. Thoroughly discussing these matters and putting your decisions in writing now will make it much easier to relax and enjoy the recreational property as intended, knowing that you will be able to avoid unpleasant surprises.

Title Matters. If you own the property outright (rather than through a separate entity like a trust or limited liability company), how the property is titled is important. A common form of ownership is *joint tenancy*. Joint tenancy is essentially a “last person standing” concept, meaning if one owner passes away, his or her interest expires and is immediately passed to the surviving owner(s). One consequence of joint tenancy is that some family members, such as your grandchildren, may be excluded from ownership even if they have used the property for years. The other common form of ownership is *tenants in common*. Here, each owner may decide who inherits his or her property interest.

Address Common Ownership Issues in Writing. Although the deed to your property will address your ownership and what happens to it after you pass away, it will not address scheduling and use of the property or payment of expenses.

Consider these questions: Who may use the property for holidays? May a guest use it? Who will pay expenses such as insurance or taxes? What if you disagree on improvements? Perhaps more importantly, what if someone abuses the rules you have set?

Additionally, a simple deed will not protect the family’s interests if one of the owners faces creditor or liability problems, or gets divorced. These situations may cause a lien against the property, or an owner’s interest may be transferred to someone you did not intend when you bought or inherited the property.

We commonly see inherited property owned by a trust, where the trust terms address these issues. However, a more recent trend is to transfer the property to a limited liability company, which offers more flexibility and thoroughly outlines common ownership issues through an operating or member agreement.

Owning recreational property with others is becoming more common. The opportunity to own hunting land or a cottage is exciting and can lead to great family memories; but involving multiple owners may create complications. If you anticipate and plan, you can avoid a sticky real estate or probate mess.

Attorney Bill Milne is a shareholder with Weld, Riley, Prenn & Ricci, S.C., who practices in the areas of estate and business succession planning. Attorney Cindy Hangartner is an associate with Weld, Riley, who practices in the areas of tax and estate and business succession planning.

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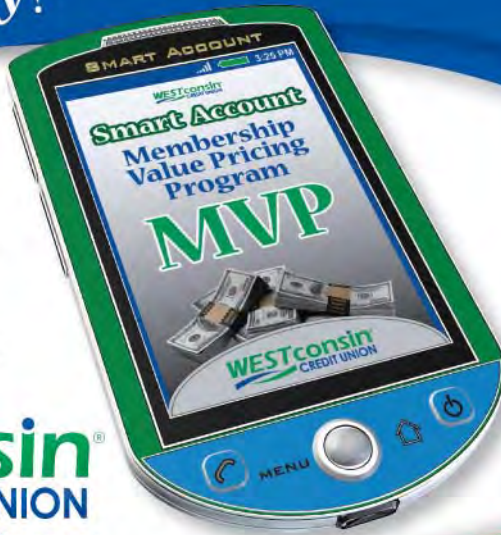
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Summer Fun without Financial Stress

After a long and drawn out winter, your family is likely excited for some real summer fun. But, wait! You might be asking yourself if your budget can afford it without maxing out the credit card. The answer can be yes.

While it is vitally important to save for your golden years, your children's higher education, and other goals such as a new car, it is also important to spend time with the people you love. It is possible to continue to prepare for the future while still enjoying the short months of warm and sunny weather.

Why not involve the entire family in planning the financial and time budgets for the three months of summer? Take advantage of creative thinking, and negotiate a plan that meets your budgeting goals and maximizes your family fun. When everyone is involved, you might be surprised how you find an extra \$500 or \$1000 to spend on fun for everyone.

The first step: set aside time to review the budget as a family. Ask yourselves, "Are there areas where we could save by watching our food budget, driving less, or getting by without an extra cell phone?" Could children share in the savings by helping with things such as conserving energy and water, forgoing other costly treats, or contributing earnings from odd jobs? Involving the entire family can produce creative ideas for generating money for your fun adventure.

Then, your family might consider temporarily reducing your savings toward retirement, the new car, or other short-term savings items. A slight adjustment for a short three-month stretch could free up enough money for a memorable trip while making only a slight impact in your long-term goals. It is important not to lose the habit of regular saving and investing, but one could argue that investing in family time is also an investment in the future.

A third idea to maximize summer fun is to become tourists in your own community. Oftentimes local residents are unaware of all the great, inexpensive (or even free) activities and attractions within a very short distance from home.

Once you've applied these ideas and have found money for summer fun, the next step is to execute the plan and reward the family with an extra special getaway that fits your budget. Consider camping, renting a cottage, sightseeing, visiting distant relatives, or taking in attractions such as a zoo or amusement park.

Creative problem solving can help you and your family make the most of your summer without maxing out the credit cards or forgoing your long term financial goals. Involving everyone in the planning, problem solving, and fun is sure to make the memories of summer 2014 even sweeter.

Paul Woita of Woita & Associates is a native of Rhinelander, WI, and has resided in Eau Claire since 1977 with his wife, Cathie. Paul has over 30 years of experience in the financial services industry and is passionate about working with his clients to help ensure they reach their personal and financial goals. He enjoys empowering people through teaching and helping to take the mystery and fear out of what can be complicated subjects related to financial planning and insurance.



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FOR ONE, TWO, OR CLAN

By Katie Mcky

Unless you're 107, you haven't endured a Chippewa Valley winter as cold as this one. That's because this past winter ties the record set in 1907-1908 for the coldest Valley winter. So, you've earned this summer. However, earning it via strings of double digit below zero days doesn't necessarily mean you've earned enough cash to fully cash in on it. So, how do you squeeze all the juice out of the ripening peach that is summer if you're cash-squeezed? And how do you have solo fun, date fun, and family fun?

Sun Fun
FOR
ONE!



Hoffman Hills State Recreation Area. Wanna be PENSive without the exPENse? The Hoffman Hills State Recreation Area is a marvy mix of wetlands, prairie grasses waving in the wind, and rolling hills. Ponder beside its ponds or climb to the cherry atop this bucolic cake: a 60-foot high observation tower.

Phoenix Park Farmers' Market. This is the summer core of Eau Claire. It's also Grand Central People Watching Station. You're likely to rub shoulders with a chum; but if you simply want to stroll and peruse, keep the brim of your summer hat pulled low to go incognito.

The Joynt: for the fair-skinned sort or night owling. This might not be the place where everybody already knows your name, but it wants to be. It has a cozy clientele with cozy prices. Beer's a buck and half that during Happy Hour. If you run on higher octane, gin and tonic is merely two bucks. Recline in The Joynt's barber chair or just lean way back into its laid-back vibe. There's also the pool table in the back, a hoppin' jukebox, funky décor, and the certainty that someone famous once stood wherever you'll stand, as the photos on the wall will show you that's so.

Leinie Lodge. Interstate-94 is the line between glaciated and driftless Wisconsin, with cozy valleys freckled with Holsteins to the south and the piney Northwoods up yonder. Eau Claire and Chippewa Falls teeter on this glacial line, offering ranging fun via a range of terrain. For example, if you want that Northwoods feel, there's Leinie Lodge in Chippewa Falls, which looks like its logs were dipped in honey. It's free and open seven days a week, with evening hours on Friday. It's on be-bouldered, tumbling Duncan Creek, where comely wild yarrow and come-hither black raspberries vie for sunlight. Inside, visitors buy beer-shaped summer sausage beneath canoe chandeliers. Herds of deer heads adorn the walls. It's also a museum, where one realizes that the family's history and the brewery's history twine like vines. Best of all, it's a bar, where one samples the beers at no cost. So, it's bottoms up while keeping the cost down.

Stone Barn Pizza. If you're wanting a cozy, driftless valley, wind down to Stone Barn Pizza, located between Durand and Nelson. The stone foundation of a barn built in 1896 wraps around the dining area. It's not so much al fresco as al freshco, since they grow their own herbs: oregano, cilantro, dill, rosemary, thyme, parsley, and basil. Their pizza dough is made fresh every day and hand-rolled to order. You can tour the world on those crusts, with Southwestern, Greek, Alaskan, Hawaiian pizzas, and oh-so-Neapolitan Margherita pizza.

Frisbee Golf at Mount Simon. For a first date, it's the place to show you're a straight shooter, er, tosser. If you happen to hook into an oak or slice into a maple, it's the place you show you're quick with a self-deprecating quip. Free for he and thee!

When a
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FUN

The Sounds like Summer Concert Series at Phoenix Park.

Where rivers meet, meet your neighbors. This is also where the Chippewa Valley out-Madisons Madison with blankets, eagles overhead, dogs sneaking licks of ice cream cones, local musicians, and kids dancing on the labyrinth. It's as good as it gets.

Ride the train at Carson Park.

Whoo-whooh! The fun begins in choosing your steel steed. Ride the 1950s-era diesel replica passenger train, the 1880 Rogers-type steam engine, or coal-burning, steam-powered black beauty built in 1920 in Racine. Only \$2 a ride for kids, and afterwards, let them race each other down the double tube slides of Carson Park, which are one scoop of fun and one scoop of scary.

Eau Claire's Bike Paths.

Whether walking, walking the dog, or pedaling, it's all good on Eau Claire's meandering bike paths, which take you to Owen Park, Carson Park, Phoenix Park, and, for those seeking the path less traveled, woody, wooly Putnam Park. For kids and kids-at-heart, railroad trestles are prime places to put your feet up and linger. There's the S-bridge over the Eau Claire River, where you should linger to spot carp catching eddies. There's also the railroad trestle over the Chippewa River, where you can spot the water tumbling out of Dell's Pond. Also, see if your kids can spot the Little Niagara tumbling into the Chippewa River. Then there's the renovated industrial muscle of Banbury Place and the UW-Eau Claire campus, which was once deemed "Wisconsin's most beautiful campus." Now that they've unearthed the stream that tumbles before the canoe-shaped, reincarnated Davies Center, it's lovelier than ever. Another must-stop that won't cost much more than pocket change: the Dairy Queen on Menomonie Street.



FODIE FORUM



Summer is here, and that means time to enjoy the outdoors. These two recipes are easily portable. The chicken recipe works well for picnics, sack lunches, or dinner on the patio. Please share your favorite chicken recipes on our Facebook page.

Bon Appetit,
Lanette

Lanette Hesse lives with her husband and three children in the Eau Claire area. When she is not computer consulting, volunteering or enjoying outdoor activities, she loves to be in the kitchen cooking for her family and friends.

Finger Chicken

- | | |
|--|--|
| 1 cup sour cream | 2 teaspoons dry mustard |
| ¼ cup lemon juice | 1 teaspoon paprika |
| 2 cloves garlic, minced | ¼ teaspoon cayenne pepper |
| dash of Tabasco® sauce | 1½ teaspoons salt (for breading) |
| salt & pepper, to taste (for marinade) | ground black pepper, to taste (for breading) |
| 4 pounds boneless chicken tenders | ¼ cup butter, melted |
| 2 cups saltine crackers | |
| ¼ cup dried thyme | |



Combine sour cream, lemon juice, garlic, Tabasco sauce, salt, and pepper. Pour over chicken, and marinate for 4 hours or overnight.

In a food processor, combine saltines, thyme, mustard, paprika, cayenne, salt, and pepper. Roll the chicken in crumb mixture, shake off excess, and arrange tenders on baking sheet. Drizzle with butter, and bake at 375° for 35 minutes or until golden brown. We usually serve this at room temperature.

Greek Lemon Pasta Salad

- | | |
|-------------------------------|---------------------------------------|
| ½ cup extra virgin olive oil | 1 cup chopped yellow peppers |
| ¼ cup lemon juice | 1½ cups small cherry tomatoes, halved |
| ¼ cup whole grain mustard | 1 cup chopped cucumber |
| 2 cloves garlic, minced | 1½ cups feta cheese |
| 2 teaspoons grated lemon peel | ½ cup green onion, chopped |
| 12 ounces cavatappi pasta | ¾ cup Kalamata olives |



In a bowl, whisk olive oil, lemon juice, mustard, garlic, and lemon peel. Cook pasta according to package directions; rinse and cool. Toss pasta with whisked dressing and remaining ingredients.

Quick fixes

by the five crew



Scotch Brite™ Reusable Counter Cloth

These absorbent counter cloths are like large, super-thin, chamois sponges. They dry firm, yet soften up when wet. They scrub well—and they pick up hair and toothpaste and sauces REALLY well. I love them so much that I have one for every sink and countertop in my home!

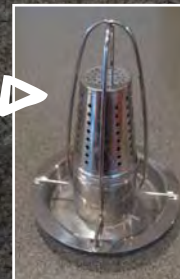
La Roche-Posay™

This barely there, tinted mineral formula evens out minor imperfections on the face and body, and the superthin fluid is so delicate, you won't believe it's an SPF 50—with semimatte coverage, nonetheless. I am very cautious with sunscreen but I love that I can get a little color at the same time. This is a great summer fix without getting burned.



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Vertical Roaster with Infuser

Want a simple way to get perfect chicken every time? Try a stainless steel vertical chicken roaster. Add a little liquid of your choice to the infuser to keep the inside moist and juicy while the outside gets crispy and delicious. Just pop the chicken in your oven or smoker and you'll end up with a very tasty dinner! Easy to carve, too.



Homemade Rice Bags

Keep rice bags in the freezer to soothe bumps, bruises & boo-boos, headaches, fevers, and those aches & pains that wake up kids young and old. Or, you can microwave a rice bag to relieve achy, sore, or tight muscles. "Our home wouldn't be without one."



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The Space Between Us

By Thrity Umrigar



This evocative novel is set in modern day India. It is a story about two women and class divisions. Sera Dubash is an upper class Parsi housewife whose rich surroundings hide the shame and disappointment of an abusive marriage. And Bhima is a stoic illiterate grandmother, hardened by a life of despair and loss. She has been Sera's housekeeper for many years, she knows the Dubash family intimately, and she loves them as if they were her own.

room—and that elephant is class. There is always a “space” that cannot be bridged.

The story is fiction; however, Bhimi is real. She was a servant from the Umrigar's childhood home. Like Thrity remembered Bhimi, you will remember this book long after you lay it down.

About the author:

Thrity Umrigar lived in Bombay until the age of twenty-one. She was always excruciatingly aware of the poverty around her. Writing was her way of making sense of the world outside and inside her home.

Umrigar attended Ohio State University; and in 1999, she was awarded the Nieman Fellowship to Harvard. Now, she lives in Cleveland, has a PhD in English, and teaches creative writing and literature at Case Western Reserve University.

“Or perhaps it is that time doesn't heal wounds at all, perhaps that is the biggest lie of them all, and instead what happens is that each wound penetrates the body deeper and deeper until one day you find the sheer geography of your bones . . . has collapsed under the weight of your griefs.”

Umrigar weaves a tale that is powerful and perceptive, demonstrating how the lives of the rich and the poor are intrinsically connected, yet vastly removed from each other. It shows us how the strong bonds of womanhood are able to overcome the divisions of class and culture.

Servants observe many happenings in the homes of their employ. Bhimi knows the family secrets; and because of this, an unlikely friendship develops between the woman of the household and the servant. But there is an elephant in the



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WRITTEN BY GRACE THEISEN

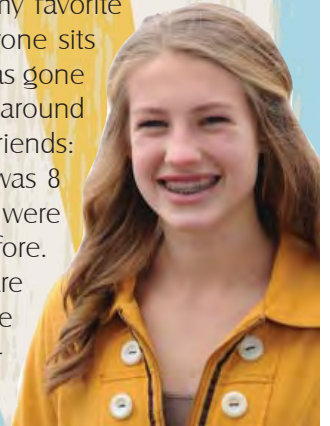
MY FAVORITE SUMMER MEMORIES

I have so many favorite summer traditions. I enjoy going to Lake Wissota to watch 4th of July fireworks. I like spending a week on a lake in Hayward. And I love going to my cabin in the woods. By far my favorite summer thing to do is to spend a week at Camp Manitou.

Camp Manitou is filled with fun. There's The Blob—basically a huge blown up garbage bag floating in the lake. To get to it, campers climb a tower, leap off yelling something, and then land on The Blob. The weight of the jumping person compresses one end of the Blob sending the person sitting on the other end flying through the air and into the lake. (It's much safer than it sounds). And then, There's the infamous MUD HIKE—an amazing walk through a swamp. Hikers get to share the trail with a wide variety of bugs and creatures . . . and people pretending there are creatures to scare everyone else. At the end of the hike, you have to literally swim through mud so thick and sticky, people have to help you get to the end. Although this sounds gross, it is so worth it. I wonder how many lost shoes are stuck in the

mud hike at Camp Manitou.

Camp Manitou is a place where kids can have fun and just be themselves. Some people play a lot of sports games. Others like to sing, act, or just mess around. About the only thing you can't get away with at camp is to do nothing. Doing nothing is not allowed. At the end of the week, there is a friendship fire (I know, it sounds a little cheesy). The friendship fire is my favorite thing about camp. There, everyone sits together and reflects on what has gone on throughout the week. I look around the campfire and only see friends: old friends I've known since I was 8 years old, and new friends who were strangers to me only a week before. And we all get together to share friendship. This is when I realize what a special place Camp Manitou is.



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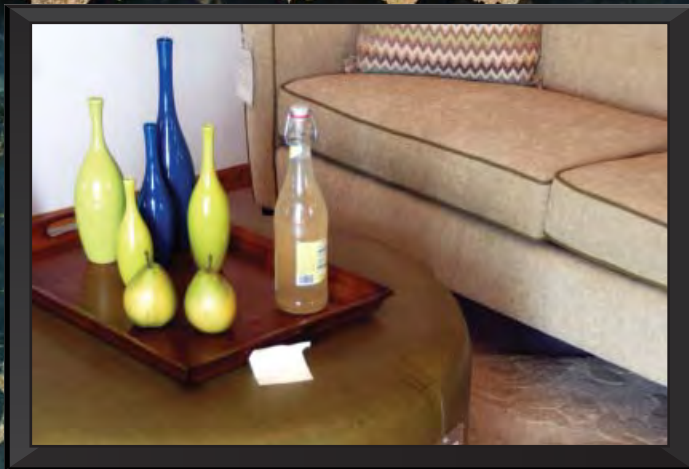
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What's Going On Calendar of Events

JUNE 2014

June 5th – Eau Claire Regional Art Center's Jubilee 2014 – 6 p.m. Luxe and mysterious, this will be an evening celebrated as an exclusive summer masquerade ball, with a champagne reception, elegant three-course dinner, live and silent auctions, and an awards presentation. This year's featured artist is Patricia Mayhew-Hamm. Florian Gardens, Eau Claire. \$90/individual. For more information call 715-832-2787 or visit eauclairearts.com.

June 6th-8th – Cornell Community Fair – Rides, tractor pull, live music, great food, family triathlon, and much more. Mill Yard Park, Cornell. For details, visit cornellfair.com

June 13th – Eighteenth Annual Breakfast in the Valley – 5 a.m.-10 a.m. Annually, the Eau Claire Chamber of Commerce celebrates the importance of agriculture in our local economy as more than 300 Chamber volunteers serve a breakfast which includes egg scrambles, muffins, cheeses & cheese curds, bananas, custard, corn flakes, strawberries, coffee, milk, and juice. Learn more at http://www.eauclaichamber.org/programs_and_services/breakfast_in_the_valley.aspx

June 13th-15th – Stanley Rodeo – On Father's Day weekend, head to Stanley for an action-packed show fit for cowboy fans of all ages! Chapman Park, 450 West 4th Ave., Stanley. For ticket prices and more information, visit stanleyrodeo.com.

June 21st – Lake Eau Claire Clear Water Triathlon and Picnic – Head to beautiful Lake Eau Claire for family fun to raise funds for water quality improvement. This non-timed event includes a 2.5 mile walk/run, a 1 mile paddle (kayak or canoe), and an 8 mile bike ride. Plus various other FUNdraising activities—something for everyone! C&G Hide Away Bar on Lake Eau Claire. (Take Hwy. 27 north out of Augusta, turn right on Cty. Rd. ND.) Entry fee includes a chicken dinner, beverages, and a live band for dancing! For further details, visit www.lakeeauclaire.org under Events.

June 26th-29th – Country Fest – This annual outdoor country music festival features over 20 artists. This year's acts include Blake Shelton, Carrie Underwood, Brad Paisley, Florida Georgia Line, and more. Chippewa Valley Music Festival Grounds, Cadott. Adult tickets start at \$87.50. For more information, call 1-800-326-FEST or visit countryfest.com

June 28th – RCU Charity Classic – 7 a.m. 10K walk/run, 2 mile walk/run, ½ and ¼ mile children's races. Phoenix Park, Eau Claire. Prices, course maps, details, and registration at rcu.org

Eau Claire Farmers Market - Wednesdays, 7:30 a.m.-1 p.m.; Thursdays, noon-5 p.m.; Saturdays, 7:30 a.m.-1 p.m. Phoenix Park, Eau Claire. ecdowntownfarmersmarket.com

JULY 2014

July 2nd, 6th, 9th, 13th, 16th, 23rd, 27th, and 30th – Ski Sprites Water Ski Show Team – 6:30 p.m. Be entertained by the Ski Sprites team as they perform their well-choreographed water ski show, with climbing pyramids and stunning routines. Lake Altoona, Altoona. For more, visit skisprites.com.

July 2nd-6th – Augusta Bean and Bacon Days – Demolition derby, grand parade, car show and burn out contest, fireworks, and more. The Augusta Dells Mill is celebrating its 150th year. Augusta. beanandbacondays.info

July 4th – Eau Claire Fourth of July Celebration – Events begin at 10 a.m., fireworks at 10 p.m. Once again, the City of Eau Claire is firing up the Fourth of July Celebration. Be a part of this festive event. Activities include sporting events, music, and fireworks! Carson Park, Eau Claire. For more info including the full schedule of events, visit eauclairewi.gov.

July 9th-13th – Northern Wisconsin State Fair – Fairgrounds, Hwy. 124, Chippewa Falls. Please read the article in this issue of *5ive* or visit northernwisconsinstatefair.com

July 15th-16th – Valley Gospel Choir Concert – 7:30 p.m. (Doors open at 6:30 p.m.) Grace Lutheran Church Sanctuary, 202 W. Grand Ave., Eau Claire. \$12. Purchase tickets at the door or in advance from Festival Foods, Gordy's County Market, or from individual choir members. Valleygospelchoir.org

July 17th-19th – Country Jam USA – Celebrating its 25th Anniversary, Country Jam brings together drinking and dancing, camping and cowboy boots, good grub and great music, and much more. Big stars, big hits, big fun—including Jake Owen, Dierks Bentley, Luke Bryan, The Band Perry, Jennifer Nettles, and more. 3443 Crescent Ave., Eau Claire. Shuttle service available. Adult tickets start at \$60. For more information, call 715-839-7500 or visit countryjam.com

July 17th-20th – Rock Fest – This annual outdoor rock-n-roll music festival features many rock artists, great food, and over 8,000 campsites. This year's acts include Aerosmith, Rob Zombie, Five Finger Death Punch, Sammy Hagar, and more. Chippewa Valley Music Festival Grounds, Cadott. Adult tickets start at \$82.50. For more information, call 1-800-326-FEST or visit rock-fest.com

July 25th-26th – Relay for Life Chippewa County – 6 p.m. to 7 a.m. This is a non-competitive walk/run and an awareness event for everyone—including cancer survivors, families, friends, coworkers, and the public. It provides an opportunity for everyone who has been impacted by cancer to come together in a warm, positive, upbeat atmosphere. Chippewa Falls Middle School, 750 Tropicana Blvd., Chippewa Falls. relay.acsevents.org/site/TR?pg=entry&fr_id=59862

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